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**2023 Lakehead Running Mid-Canada XC Championship**

**Saturday, October 14th, 2023**

**FINAL SCHEDULE**

**LOCATION:** Kamview Nordic Centre

**HOSTED BY:** Lakehead Running

**AVAILABLE TO:** U12 and older Athletes & Schools

**Competition Schedule:**

***\*Athletes will pick-up their BIB# from their Coaches/ Registration Table\****

**12:00pm U12/U14 Races Check-in Open until 11:40am**

1:00pm U12/U14 Awards

**1:30pm U16 and older Races Check-in Open until 12:15pm**

2:30pm U16 and older Awards

*\*Please ensure that you are checked-in & have received your race package no later than the times listed above\**

* **U12/U14 Races will be contested @ 3km** *\*subject to change via conditions\**
* **U16 and older Races are 3x3km RELAYS** *\*subject to change via conditions\**
* U12 = Age 10 – 11
* U14 = Age 12 – 13
* U16 = Age 14 – 15
* U18 = Age 16 – 17
* U20 = Age 18 – 19
* Senior = Age 20+
* All division will have both Male, Female & Team Categories
* Teams must have a minimum of 4 athletes in that division to qualify for scoring.
* U16 & Older categories will be contested as a 3-person, continuous relay; their finishing time will be recorded when the last runner crosses the finish line w/ their baton.

**ENTRY INFORMATION:**

**Entry Deadline**: Entries must be received no later than **Thursday, October 12th by midnight. *All entries must be done using Trackie.reg REGISTRATION (link attached below).***

**Entry Fee per athlete: $10.00 (+admin. Fee if paying online)**

**MEET INFORMATION:**

* All entrants must have a signed Waiver Form to complete (available at check-in desk & online)
* All races will be on the **RED LOOP** (map attached)
* Race-Package pick-up will be available to coaches/parents Saturday, October 14th in the competition area **(LOWER KAMVIEW)**
* Course Map is attached, please review for your convenience
* Top individual finishers in each division will receive a Championship Lakehead Shirt!
* Top team in each division will receive Championship Ribbons
* Washrooms will be available on site.
* Results will be emailed to coaches and posted on our website.
* Entry fees can be paid using the following methods; online, e-transfer, or cheque/cash on-site. (lakehead.running@gmail.com)
* If you have questions currently, please email Joe McDonough ([lakehead.running@gmail.com](mailto:lakehead.running@gmail.com)).